What is claimed is:

- 1. A protective pad comprising:
- a shell having a concave interior surface and a convex outer surface
- 3 adjoined by a perimeter edge;
- 4 a pre-tensioned resilient padded membrane; and
- 5 an elastic suspension arrangement adjoining said pre-tensioned resilient
- 6 padded membrane about the perimeter edge of said shell to define a cavity
- 7 between said shell and said pre-tensioned resilient padded membrane.
- 1 2. A protective pad as recited in claim 1, wherein said pre-tensioned
- 2 resilient padded membrane being stretched in multiple directions prior to being
- 3 elastically suspended at said shell, and said elastic suspension arrangement further
- 4 comprising a resilient bonding material, so that a trampoline-type unit is formed
- 5 by said shell, pre-tensioned resilient padded membrane and elastic suspension
- 6 arrangement.
- 1 3. A protective pad as recited in claim 2, wherein said resilient bonding
- 2 material is provided at an outer area of engagement between said shell and said
- 3 pre-tensioned resilient padded membrane.

1	4.	A protective pad as recited in claim 2, wherein said resilient bonding
2	material exte	ends to or substantially covers an exterior of said shell.
1	5.	A protective pad as recited in claim 4, wherein said resilient bonding
2	material is provided at an outer area of engagement of said shell with said pre-	
3	tensioned re-	silient padded membrane.
1	6.	A protective pad as recited in claim 2, wherein said resilient bonding
2	material ex	tends to or substantially covers said tensioned resilient padded
3	membrane.	
1	7.	A protective pad as recited in claim 6, wherein said resilient bonding
2	material is p	provided at an outer area of engagement of said shell with said pre-
3	tensioned re	silient padded membrane.
1	8.	A protective pad as recited in claim 3, wherein said resilient bonding
2	material is p	provided at an inner area of engagement of said shell with said pre-
3	tensioned re-	silient padded membrane.
1	9.	A protective pad as recited in claim 8, wherein said resilient bonding
2	material exte	ends to an exterior of said shell.

- 1 10. A protective pad as recited in claim 2, wherein said shell further
- 2 comprising an integral shell flange outwardly extending from an outer periphery
- 3 thereof and configured for engaging said resilient bonding material.
- 1 11. A protective pad as recited in claim 10, wherein said resilient
- 2 bonding material is provided at inner and outer areas of engagement of said flange
- 3 with said tensioned resilient padded membrane.
- 1 12. A protective pad as recited in claim 10, wherein said resilient
- 2 bonding material is sandwiched between said flange and said pre-tensioned
- 3 resilient padded membrane.
- 1 13. A protective pad as recited in claim 8, wherein the resilient bonding
- 2 material provided at said outer area of engagement of said shell and said padded
- 3 membrane extends completely around an edge of said pre-tensioned resilient
- 4 padded membrane.
- 1 14. A protective pad as recited in claim 8, wherein said padded
- 2 membrane has an opening extending therethrough and configured for engaging a
- 3 human joint.
- 1 15. A pad for protecting a joint of a human limb, comprising:

- a shell having a convex outer surface, a concave inner surface having a
- 3 contour complementing the joint of said human limb, and an outer edge adjoining
- 4 said inner and outer surfaces;
- 5 a pre-tensioned resilient padded membrane; and
- an elastic suspension arrangement adjoining said pre-tensioned resilient
- 7 padded membrane about the edge of said shell to define a cavity between said
- 8 shell and said pre-tensioned resilient padded membrane.
- 1 16. A joint pad as recited in claim 15, wherein a said tensioned resilient
- 2 padded membrane being stretched in multiple directions prior to being suspended
- 3 at said shell, said elastic suspension arrangement further comprises a resilient
- 4 bonding material, so that a trampoline-type unit is formed by said shell, pre-
- 5 tensioned resilient padded membrane and elastic suspension arrangement.
- 1 17. A joint pad as recited in claim 16, wherein said resilient bonding
- 2 material is provided at an outer area of engagement of said shell with said pre-
- 3 tensioned resilient padded membrane.
- 1 18. A joint pad as recited in claim 16, wherein said resilient bonding
- 2 material is provided at an inner area of engagement of said shell with said pre-
- 3 tensioned resilient padded membrane.

- 1 19. A joint pad as recited in claim 18, wherein said resilient bonding
- 2 material is provided at an outer area of engagement of said shell with said pre-
- 3 tensioned resilient padded membrane.
- 1 20. A joint pad as recited in claim 17, wherein said resilient bonding
- 2 material extends to the convex outer surface of said shell.
- 1 21. A joint pad as recited in claim 19, wherein said resilient bonding
- 2 material extends to or covers the convex outer surface of said shell.
- 1 22. A joint pad as recited in claim 19, wherein said resilient bonding
- 2 material substantially covers said tensioned resilient padded membrane.
- 1 23. A helmet comprising:
- a generally hemispherical shell having a convex outer surface and a
- 3 concave inner surface adjoined by an edge;
- 4 a pre-tensioned resilient padded membrane; and
- 5 an elastic suspension arrangement adjoining said pre-tensioned resilient
- 6 padded membrane about the edge of said shell to define a cavity between said
- 7 shell and said pre-tensioned resilient padded membrane.

- 1 24. A helmet as recited in claim 23, wherein said elastic suspension
- 2 means further comprises a resilient bonding material.

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- 1 25. A helmet as recited in claim 24, wherein said resilient bonding
- 2 material extends to or substantially covers said convex outer surface.
- 1 26. A shoulder pad comprising:
- a shell having a convex outer surface, a concave inner surface and an edge
- 3 defining a chest cover portion, a back cover portion and a neck notch between said
- 4 chest cover portion and said back cover portion;
- 5 a pre-tensioned resilient padded membrane; and
- an elastic suspension means adjoining said pre-tensioned resilient padded
- 7 membrane about the edge of said shell to define a cavity between said shell and
- 8 said pre-tensioned resilient padded membrane.

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- 1 27. A shoulder pad as recited in claim 26, wherein said elastic
- 2 suspension arrangement further comprises a resilient bonding material.
- 1 28. A shoulder pad as recited in claim 27, wherein said resilient bonding
- 2 material extends to or substantially covers said convex outer surface of said shell.
 - 29. A method for fabricating a protective pad, comprising the steps of:

2 providing a resilient padded membrane;

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- 3 stretching said resilient padded membrane into a tensioned state;
- 4 tensionally suspending said stretched resilient padded membrane in a
- 5 transverse plane;
- 6 positioning a shell over said tensionally suspended resilient padded
- 7 membrane; and
- 8 adjoining said shell to said tensioned padded membrane by an elastic
- 9 suspension arrangement such that a cavity is formed between said shell and said
- 10 tensionally-suspended resilient padded membrane.
- 1 30. A method as recited in claim 29, wherein in said step of stretching
- 2 said padded membrane is stretched in multiple directions, and said elastic
- 3 suspension means further comprises resilient bonding material, so that a
- 4 trampoline-type unit is formed by said shell, pre-tensioned resilient padded
- 5 membrane and elastic suspension arrangement.
- 1 31. A method as recited in claim 30, wherein said tensionally-suspended
- 2 resilient padded membrane engages said shell, the method further comprising in
- 3 the formation of said elastic suspension arrangement said resilient bonding
- 4 material is provided at an outer area of engagement of said tensionally-suspended
- 5 resilient padded membrane with said shell.

- 1 32. A method as recited in claim 31, wherein the step of adjoining
- 2 further comprising providing said resilient bonding material at an inner area of
- 3 engagement of said tensionally-suspended resilient padded membrane with said
- 4 shell.
- 1 33. A method as recited in claim 32, wherein said tensionally-suspended
- 2 resilient padded membrane has an outer surface, the method further comprising the
- 3 step of providing said resilient bonding material on said outer surface.